



Chicken Enchilada Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 chicken thighs bone-in
- ☐ 1 cup corn kernels frozen thawed
- ☐ 9 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 6 garlic clove divided minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red

- ☐ 2 tablespoons jalapeno chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup beef broth fat-free
- ☐ 2 cups onion divided chopped
- ☐ 0.7 cup salsa verde
- ☐ 1 ounce sharp cheddar cheese shredded
- ☐ 0.3 cup water

Equipment

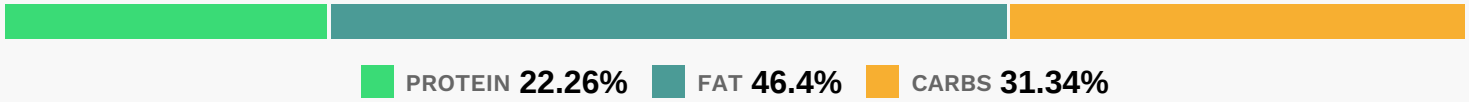
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; saut 4 minutes on each side.
- ☐ Place skillet in oven; bake at 425 for 10 minutes or until done.
- ☐ Remove chicken from pan; let stand 15 minutes.
- ☐ Remove meat from bones; shred. Discard bones.
- ☐ Place chicken in a medium bowl.
- ☐ Add 1 1/2 tablespoons cilantro, corn, and next 5 ingredients (through black pepper) to chicken; toss to combine.
- ☐ Return pan to medium-high heat.
- ☐ Add 1/2 cup onion; saut 5 minutes, stirring occasionally.
- ☐ Add 3 garlic cloves; saut 30 seconds, stirring constantly.

- ☐ Add onion mixture to chicken mixture; stir to combine.
- ☐ Combine remaining 1 1/2 cups onion, remaining 3 garlic cloves, broth, salsa, 1/4 cup water, and jalapeo in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes. Carefully pour mixture into a blender; add 2 tablespoons cilantro. Process until smooth.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 2 tortillas; cook 1 1/2 minutes on each side.
- ☐ Remove tortillas from pan; repeat procedure with remaining tortillas.
- ☐ Cut tortillas into quarters.
- ☐ Spread 1/2 cup salsa mixture in the bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray. Arrange 12 tortilla quarters over salsa mixture. Spoon half of chicken mixture over tortillas. Repeat layers, ending with tortillas.
- ☐ Pour remaining salsa mixture over tortillas; sprinkle evenly with cheddar cheese.
- ☐ Bake at 425 for 15 minutes or until bubbly and lightly browned. Top with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:13.57, Inflammation Score:-8, Nutrition Score:20.530869732732%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 17.4mg, Quercetin: 17.4mg, Quercetin: 17.4mg, Quercetin: 17.4mg

Nutrients (% of daily need)

Calories: 565.06kcal (28.25%), Fat: 29.41g (45.24%), Saturated Fat: 8.26g (51.6%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 38.34g (13.94%), Sugar: 8.5g (9.45%), Cholesterol: 148.7mg (49.57%), Sodium: 800.22mg (34.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.49%), Phosphorus: 498.17mg (49.82%), Selenium: 33.96µg (48.52%), Vitamin B6: 0.84mg (41.83%), Vitamin B3: 8.27mg (41.36%), Fiber: 6.33g (25.33%), Manganese: 0.48mg (24.12%), Potassium: 832.66mg (23.79%), Vitamin C: 18.88mg (22.88%), Magnesium: 89.08mg

(22.27%), Zinc: 3.19mg (21.27%), Vitamin B2: 0.33mg (19.64%), Vitamin B5: 1.86mg (18.65%), Vitamin B12: 1µg (16.67%), Vitamin B1: 0.23mg (15.42%), Vitamin A: 719.47IU (14.39%), Calcium: 142.41mg (14.24%), Iron: 2.3mg (12.75%), Copper: 0.24mg (11.9%), Folate: 42.42µg (10.6%), Vitamin K: 9.54µg (9.09%), Vitamin E: 0.96mg (6.42%), Vitamin D: 0.19µg (1.25%)